



SCOTLAND TO BIRMINGHAM

30
Cyclists
ready!

350 MILE BIKE RIDE 3rd-6th August 2023

30 Cyclists including a **female cyclist** will use pedal power to cycle a distance of 350 miles from Scotland to Birmingham West Midlands to raise funds for **Sikh Helpline**, a **nationwide charity** established in Sandwell West Midlands and winner of the **Queen's Award for Voluntary service 2022**.



The Queen's Award
for Voluntary Service



"I'm sending my very best wishes to all those taking part in Sikh Helpline's charity bike ride this summer. I know the 350 mile cycle from West Bromwich to Scotland will be a huge challenge, but I'm sure it will be rewarding for everyone taking part as they're raising money for such a worthy local cause.

"**Sikh Helpline** have a vital role in our community, supporting people from all backgrounds through tough times in their lives. They can do this thanks to the courage shown by all those participating in these fundraising challenges. I wholeheartedly encourage people to support the bike ride and the charity if you can."

Nicola Richards MP West Bromwich East

About us:

- A non profit award winning charity organisation established in 1995 to serve without judgement.
- Helpline supporting vulnerable people struggling with poor mental health
- Organises bike rides and provides free lessons and equipment for West Bromwich community
- Raises awareness and tools to manage mental and physical wellbeing



Big Bike Revival is a Cycling UK funded programme for communities to access beginner bike activities for free. **The Sikh Helpline** is taking this on at full steam enthusiastically getting involved which is fantastic to see! They are a great community organisation putting the community interests first! There is no doubt that some of these riders will be the future charity bike riders that the charity organises once a year!

Michelle Smith Cycling development officer - West Midlands



TIRATH SINGH DHATT
CLLR WEST BROMWICH
CENTRAL

"I wish all the riders the best for this arduous challenge. Sikh Helpline is a vital service for so many and your efforts will help ensure that it continues to carry out its fantastic work. Ride hard, conquer the climbs, sleep well and enjoy!"



SUKI LOTAY
SIKH HELPLINE CYCLIST & MARSHALL

"It is vital that young people do not come to see suicide as an escape from their struggles as they seek to address the very real factors which shape their lives. Suicide is preventable, this means not access to mental health services, but also at how money worries, job insecurity, experiences of loneliness and disconnection can impact young people's wellbeing. The Sikh Helpline is a vital service, I support the Sikh Help by raising much needed monies to ensure this vital service continues."



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SARAH COOMBES
LABOUR PARTY PARLIAMENTARY
CANDIDATE FOR WEST BROMWICH

"The Sikh Helpline does fantastic work in the community and we are very proud to have them based in West Bromwich. Cycling 350 miles is no mean feat. All those taking part in the ride are doing a great thing and I hope people give generously to this important cause."



DAYA SINGH - PRESIDENT
GURU HAR RAI SAHIB JI GURDWARA,
WEST BROMWICH

"We want to say a big thank you to Sikh Helpline who are helping people who have been suffering in silence. I would like to encourage the community to carry on supporting Sikh Helpline and the amazing work they do. Please participate in future Bike Rides and donate to Sikh helpline"



Sikh Helpline (SHL) calls

SHL have received an increase in calls during these difficult time:

- 2019= 2,650 calls
- 2020= 4,720 calls
- 2021 = 4,310 calls.

160% increase in 2021/22 from 2019 and a huge 1,350% increase pre-pandemic March 2019

Award Recognition

2022

The Queen's Award for Voluntary service

The British Sikh Award
'Charity of the Year'

The Sikh Award 2014
'Sikhs in Charity'



"As a volunteer for the Sikh Helpline we handle hundreds of calls ranging from domestic abuse through to racism and substance addiction.

Each year cyclists fundraise by cycling 350 miles from Scotland to Birmingham. This event will be taking place from 3rd to 6th of August 2023.

I encourage females and males to take part in this fundraising event as this physical activity, cannot only increase our self-esteem and confidence, but also reduce stress and anxiety. Also Promotes a healthy and active lifestyle."

Councillor Parbinder Kaur



LEARN TO RIDE A BICYCLE!

EVERY SATURDAY 1 - 2 PM
WEST BROMWICH - GURU HAR RAI GURDWARA
EMAIL LEARN2RIDE@SIKHHHELPLINE.COM

GIANI SUKHA SINGH

FOUNDER & CEO OF SIKH HELPLINE

We need the support of the local community to help us keep up with the increasing demand of calls. Every call matters and a missed call may be the only attempt someone makes for help. It is crucial that every call is answered. Your donations are crucial to support the ongoing service of the helpline by ensuring we have the funds to continue to resource the helpline. We are looking into initiatives to be able to provide more services with the view to tackle issues before they arise, through prevention methods such as educational workshops and media campaigns. Please sponsor our riders by donating to the Sikh Helpline."



Contact sikh Helpline:
Email: info@sikhhelpline.com
Website: sikhhelpline.com